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Quick and Easy

Chinese Vegetarian Cooking

With Jim

Cooking CAN be this healthy, easy, and delicious!

The author Jim Yang and 'Quick and Easy Chinese Vegetarian Cooking With Jim' made their best efforts to produce a high quality, informative, and helpful e-book. However, they make no warranties or representations of any kind with regard to the completeness or accuracy of the contents of this book. They accept no liability of any kind for any losses or damages caused or alleged to be caused, directly or indirectly, from using the information contained in this book.

This is the **trial-download version** of the full book. It does not include the other 3 bonus books: cooking techniques, cooking ingredients, and my secret hot sauce cookbook. It contains several example recipes for you to try to out, and example photos and descriptions for a few other recipes. To purchase the entire cookbook package, please visit:

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Dedicated

To Everyone Who Loves Cooking

And,

To Everyone Who Loves Eating

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There is no sincerer love than the love of food.

George Bernard Shaw (1856-1950)

Most vegetarians look so much like the food they eat that they can be classified as cannibals.

Finley Peter Dunne (1867 - 1936)

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Foreword

I love cooking, and I love to eat. Cooking is my passion – it is my life.

You must enjoy cooking too. Otherwise you wouldn't have downloaded this trial version with the sample authentic Chinese vegetarian recipes for you to try out!

Each section starts off with 1 or 2 recipes for you to try out, and following are some pictures and descriptions of just a few of the recipes you will see in the full book. Please visit: http://www.quickeasyvegetariancooking.com/

Usually, when you hear the word 'vegetarian' you probably think of 'boring' and 'bland'. The truth is, most people's impression of vegetarian diet is boring and tasteless.

Not so! Being a vegetarian, or just interested in vegetarian foods, none of it has to be even a little bit boring. I challenge that after experiencing some of the delicious Chinese vegetarian recipes in this book, you'll prove them wrong.

It is a known fact that Chinese ancient dieticians and health experts preach eating a vegetarian diet, which improves one's health, and prolongs life.

Vegetables are one of the most important food groups in your diet, and it rightfully should be so. To achieve growth, improve health, prevent sickness, and improve life span, you have to eat vegetables. You just can't do without.

Think about it, in a normal person's life span, he/she will consume vegetables more than any other type of food.

Chinese ancient doctor Sung Shi Mao lived for 101 years, and in his writings, he documents the benefits of eating more vegetables and less meats. "Eat less meat, more vegetables. Eat less candy, and more fruits."

You should know that a vegetarian diet is not only for vegetarians. It's become more of a health and long life regime for many people. Many people are vegetarians for religious reasons, and even more people choose to be vegetarians for health and personal wellness reasons.
Vegetarianism has been practiced through centuries, and now science proves that eating more vegetables and less meat is key to better health, and longer life span.

Vegetables do not have the fat and the cholesterol that meat does.

Whereas the fat and cholesterol from meats collect in your body, many vegetables 'cleanse' your body.

What are some of the benefits of eating lots of vegetables? Vegetables help prevent diseases, and sickness; lowers blood cholesterol and blood pressure; keeps your kidney healthy, and improves fluid discharge; supplements your body with vitamins, sodium, calcium, iron, proteins, carbohydrates, and so much more.

In a nutshell: vegetables improve your health, and prevent sicknesses.

This recipe book makes plenty use of all types of vegetables such as broccoli, romaine lettuce, cucumbers, squash, eggplants, and much more. There are many varieties of vegetables that are very popular in Chinese cooking, for example, cabbage, Yu-choy, and bitter melon.

If you're ever unsure of what ingredients are that's being used in a dish, refer to my Szechuan cooking ingredients book that comes with the purchased cookbook package. Please visit:
http://www.quickeasyvegetariancooking.com/

The purpose of my Chinese recipe book is more than just to show you how to cook the common vegetables. You are going to totally spice up your diet with my recipes!

Sick of eating steamed vegetables time after time? Tired of making the same old meals? Make things exciting and fun, and explore vegetarian cooking with the recipes in this book.

Don't think that 'meat' can't be part of your vegetarian diet! Even if you're just interested in vegetarian dishes, you can make your own 'meat'.
You hear me! "Make your own meat!"

I will show you the traditional Chinese way of making vegetarian meat. The possibilities are endless after you learn how! You can make Kung Po Chicken, Soft Blow Kidney, Sweet and Sour Chicken, and so much more.

Learn and digest the recipes in this book. Then get creative, make your own dishes, and really explore vegetarian cooking.

Make vegetarian wontons, dine on vegetarian spring rolls, what you can do is endless!

You should know that cooking is very subjective, sort of like philosophy, where there isn't right or wrong. Do not treat it like math, where everything has to be exact, and 1 is 1 or 2 is 2.

When you're creating or cooking your own dishes, be fluid, and be open-minded. The recipes I provide you with are a guideline to help you discover true Chinese vegetarian cooking.

It is no means to constrict you to the exact recipes.
Cook by feel, and by your senses. Trust your judgment.

You should know that when I cook, it's all about cooking by feel and sense. I never or rarely measure out exactly the ingredients, the spices, and the seasonings. Every dish is different. Even if you're cooking the exactly the same dish, they could turn out into very different tasting dishes.

If a recipe says use 1 teaspoon of salt – sure use 1 teaspoon – but what if your ingredients were of differing amounts? What if you

accidentally added in too much water, or too much salt, or too much sugar?

Note: I use grams as measurement in this book. If you wish to covert into ounces, 1ounce equals 28.5grams. For example, a piece of tofu weighing 175grams is equal to 175 ÷ 28.5 = 6.14ounces.

What I'm getting at is that cooking is an art, and therefore, it should never be rigid. Add a little more salt if you need to, or if it's too salty, you can add a little more water, sugar, or vinegar.

You be the judge.

People make the mistake of following recipes from others whole-heartedly, and they miss out on all the excitement of creating new and different variations, and even totally new dishes!

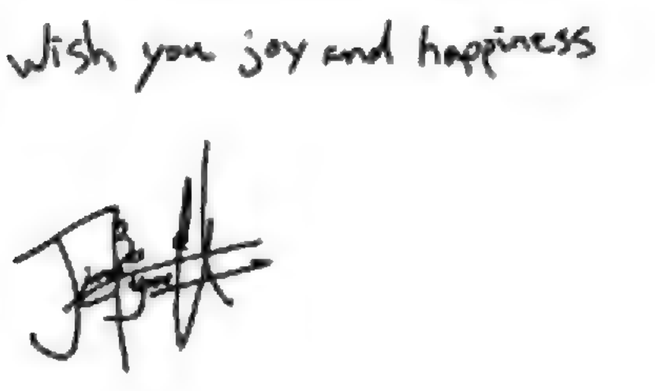
Many of the recipes in this book, I learned from somewhere during my many years of cooking. In the end, I never follow the original instructions. Changes are made, for better or worse, and in most cases, for the better. ☺

When I cook the same dish twice, it'll never taste exactly the same. Cook at your will. There are so many types of spices, seasonings, and ingredients out there you can use.

The possibilities are endless. I can't stress that enough.

I will not take offense if you do NOT follow my recipes completely – I encourage it!

Enjoy cooking, and explore.



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Salads & Cold Dishes

When people speak of salads in western countries, appetizers usually come to mind. Salads are served at the beginning of meals as appetizers, designed to wet your appetite and get your mouths salivating for the main course.

In Chinese Cuisine, however, salads and cold dishes are prepared for balance and contrast as part of the main meal. In many cases, the salads and cold dishes are the entire meal or just served as snacks such as Cold Noodles (Liung Mian) and Cold Bean Jelly (Liung Fen).

In Chinese vegetarian cuisine, you will notice many dishes with various types of 'meats' in the name, what you will find is that all the 'meats' are either substituted by tofu or dough.

Some local favorite cold dishes include: Ginger Sauce Chicken (Jian Zi Ji), Prickly Spicy Beef Jerky (Ma La Liu Ro), Prickly Spicy Chicken Strips (Ma La Ji Si), and my personal favorite, Cold Noodles.

You will find many types and flavors of Cold Noodles anywhere you go in Szechuan. Of course almost all are spicy.

Small eat street vendors prepare and chill the noodles the night before, and pour sauces on the Cold Noodles when you buy a bowl. You can get a bowl of Cold Noodles for $2 to $3 Yuan, which translates to about $0.35 USD.

Common ingredients you see in Chinese salads and cold dishes are vermicelli noodles, carrots, tofu, Chinese Mushrooms, fungus, bean sprouts, green onions, ginger, and garlic.

Different ingredients are combined to create balance and contrast in the salads, and as well, to create colorful and textured salads that gets you wanting even more.

A popular and common dish called Three Strips Mix (Liung Ban San Si) combines vermicelli noodles, seaweed, and carrots, and any of these can be replaced with other types of ingredients.

In my salad and cold dishes section, I'm going to show you how to cook a variety of traditional Szechuan dishes that so many people love.

Soon you'll learn how to create colorful, mouthwatering, and delightful salads.

You'll find that most of these cold dishes involves sauces. The dipping sauce used in Chinese cooking is very much like the salad dressings: Such as Ranch, French, or Italian dressings.

Now lets create some simple, easy, and some even 'complex' salads and cold dishes that you can use to entertain and wow your guests, and/or serve as snacks!

Note: at the beginning of each section, I have 1 or 2 recipes for you to try out, and following that are photos and descriptions of all recipes. If you enjoyed these sample recipes, please visit: http://www.quickeasyvegetariancooking.com/ to order this wonderful cookbook package, and get your 3 bonus books for only $14.95!

Ginger Sauce Chicken

Ginger Sauce Chicken is created using ginger to accentuate the flavor of the chicken.

The 'chicken' in this case is created with dried bean curd sticks, which you can easily find in your local grocery stores. This is a popular dish for main courses, and as well, a favorite for many beer drinkers in Szechuan.

This dish is quick and easy to prepare, where the only involved processes is the deep-frying.

Ingredients:

Dried bean curd sticks … 100g
Ginger … 50-75g (1 full piece)
Green onions … 2
Sesame oil … 2 teaspoon
MSG … ¼ teaspoon (optional)
Salt … 1 teaspoon
Szechuan Peppercorn … 15 – 17
Light soy sauce … 2 tablespoons
Dark vinegar … 3 tablespoons
Vegetable oil for deep-frying

"Tip: you can achieve best result by pouring boiling hot water over the bean sticks and cover with a lid for 10 to 15 minutes."

1. Soak the bean curd sticks until all soft. Then strain, and dry as much as possible.
2. Smash the ginger into small pieces, and wrap in a thin but strong cloth. Then squeeze out the ginger juice in to a bowl. Note: I can usually squeeze out about one to two tablespoons of ginger juice using this technique. It does take a little effort.

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3. Finely grind the peppercorns, and add to ginger juice with sesame oil, salt, MSG, soy sauce, and vinegar.
4. Finely chop the green onions, and mix in with the ginger sauce mixture. Stir the mixture well.
5. Pour enough vegetable oil into a small pot so it's about 2 inches deep.
6. Heat up the oil, and deep-fry the tofu sticks until it's a golden color. Set in a plate with paper towel beneath, and let it cool.
7. Cut the tofu sticks along the middle into two halves, and then cut them into 1 inch long pieces. Pour the sauce mixture on top, mix, and you have Ginger Sauce Chicken ready to serve!

"Tip: you can greatly decrease the amount of splashing by letting the tofu sticks dry as much as possible."

Note: only mix in the sauce when you are ready to serve, or the tofu will become soggy.

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Vermicelli Salad

Vermicelli noodles (bean thread) … 1 ½ bundle
Carrots … 2 – 3
Celery … 1 stick
Jalapeno peppers … 1 – 2
Green onion … 2
Salt … 1 teaspoon
Light soy sauce … 1 tablespoon
Vinegar … 3 tablespoons
Sugar … 3 – 4 teaspoons
MSG … ¼ teaspoon (optional)
Sesame oil … 3 teaspoons

1. Boil some hot water, and pour into a bowl with the vermicelli noodles. Soak until the noodles are soft. Run through cold water, and then drain.
2. Peel carrots and cut into 2inch long, thin strips.
3. Gut the green onions into 1½inch long and thin strips.
4. In a bowl, mix the salt, soy sauce, vinegar, MSG, sugar, sesame oil, and chili oil. Mix it well.
5. Mix the vermicelli, carrots, celery, and green onions in a plate.
6. Mix in the sauce when you are ready to serve.

Garlic White Meat

If you love spicy food and garlic, then this is the dish for you!

I love both spicy food and garlic. Not surprisingly, this is one of my favorite cold dishes!

The exorbitant amount of flavor in this dish is for the hardcore spicy food enthusiasts. It is spicy, numbing, and tastes delicious.

It's an exact replica of the real meat dish, except the meat is replaced with steamed washed dough. If you just want to try new foods, or you're a real spicy food lover, then you have to try this dish.

Five Colors Strange Taste Tofu

Strange taste is a flavor that's unique to Szechuan cuisine. This dish combines several different kinds of ingredients: tofu, mushrooms, celery, carrots, and eggs.

Triple Cold Mix

This cold dish taste delicious, and it's so easy to make. It's one of those dishes that you will thoroughly enjoy.

Konnyaku Salad

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Deep-frying

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Egg Foo Yong

Egg Foo Yong is a well-known Chinese dish. I guess it's the Chinese version of the western omelet.

Most Egg Foo Yong are cooked in very similar ways using common ingredients such as eggs (of course), bean sprouts, and mushrooms.

You can add in anything else you like to make the Egg Foo Yong. The ingredients and seasonings I used for my Egg Foo Yong are what I like.

Feel free to experiment with different types of ingredients and seasonings!

Of course, when you use more varieties of ingredients, you need to use less of each type.

Ingredients:

Eggs … 3 – 4
Bean sprouts … 1 cup
Mushroom … 3 – 5
Salt … 1 - 1 ½ teaspoon
Black pepper grind … ½ teaspoon
Sugar … 1 teaspoon
Flour … 3 – 4 tablespoons
Green onion … 1
Oil for frying

1. Beat the eggs well. Then add in the flour, salt, sugar, pepper, and mix well.
2. Finely chop the green onions.
3. Cut the mushrooms into 2 to 3mm thick slices.
4. Wash and drain the bean sprouts.
5. Add the bean sprouts, mushrooms, and green onions into the egg mixture.
6. Heat oil to medium high in a frying pan.
7. Put the egg mixture in to fry. Fry until it's cooked thoroughly.

Note: depending on the size you want your Egg Foo Yong to be, you can add in to the oil either large portions or small portions.

I like mine in larger pieces, so I put in large portions, and I was able to make about 5 Egg Foo Yongs.

If you like smaller Foo Yongs, go ahead and add in smaller portions. Do as you like!

Szechuan Fries

This is one of my favorite dishes to snack on all the time. It's very easy to make, and tastes so much better than regular French fries. This dish is native to Szechuan province, so you're not going to find it anywhere else. But now, you can make this easily from your home!

Sugar Cake Sticks

When you have guests over, this dish makes a wonderful snack. Or if you ever have the munchies, you can try to make this dish to satisfy your cravings. It's easy to make, and has a light sweet taste.

Vegetarian Spring Rolls

What's a Chinese recipe book without the famous spring rolls? You've probably tried spring rolls at some point in your life, and probably liked it.

Most spring rolls use some type of meat in them, but this is my secret recipe for vegetarian spring rolls!

Crispy Tiger Skin

This dish tastes wonderful when you are done cooking it. The outside is crispy, and the inside is tender and soft.

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Soups

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Chinese Cabbage and Tomato Tofu Soup

This is one of my own soup creations, and it's a delightful soup to both make and taste. It has a light taste, and most of the flavoring comes from the vegetables used in the soup; thus producing a very natural tasting soup.

Ingredients:

Tofu … 1 piece (350g)
Tomato … 1
Chinese cabbage … 2 – 3 leafs
Green onion … 1
Ginger … 4 – 6 slices
MSG … ½ teaspoon (optional)
Salt … 1 teaspoon
Sesame oil … 1 teaspoon
Water … 2 ½ - 3 cups
Vegetarian broth mix powder … 1 tablespoon

1. Cut tofu into 1cm cubes.
2. Cut tomato into 6 to 8 wedges.
3. Cut Chinese cabbage into 1in x ½ in pieces.
4. Finely dice the green onions.
5. Boil the water in a pot, and add the broth mix, MSG, salt, ginger slices, and peppercorns.
6. Bring water to a boil. Then add in tofu and tomato wedges.
7. Bring to a boil again. Then add in the Chinese cabbage.
8. Bring this to a boil again, and let it boil for about 20 to 30 seconds.
9. Dish up, spread the green onions on top, and spread the sesame oil over the soup.

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Winter Melon Soup

Of all the soups in this recipe book, this is probably the most plain and simple soup. All it involves is winter melon and water. Yet the flavors of this soup are extraordinary. Winter melon itself is an excellent ingredient used for stir-frying, braising, and for making soups.

Ingredients:

Winter melon … 350 – 400g
Ginger … 4 – 5 slices
Green onion … 1
Salt … 1 – 1½ teaspoon
White pepper powder … ½ teaspoon
MSG … ¼ teaspoon (optional)
Szechuan peppercorns … 6 – 8
Sesame oil … 2 teaspoons
Water … 2 cups

1. Cut the winter melon into 3 – 4cm squares that are 1cm thick.
2. Finely chop the green onion.
3. Add salt, white pepper powder, MSG, peppercorn, and ginger to the water, and bring to a boil.
4. When boiling, add the winter melon. Boil until the winter melon is completely soft, and dish up.
5. Sprinkle green onions on top, and also spread the sesame oil on top. Serve.

Sour Egg Flower Soup

This is a light tasting soup emphasizing the sourness of the taste to work up your appetite and get your mouth watering. Main ingredients are eggs, which are beaten well so that once cooked, it looks like 'flowers'.

Light Wonton Soup

Have you tried my Red Oil Wonton yet? If you haven't, definitely try it! This dish can be served two ways: 1) Serve in small bowls of wonton soup or, 2) serve as a main soup in a large bowl. The picture you see is a small bowl of wonton soup. It has 10 wontons in it. It's really up to you how you want to serve the soup.

White Jade Dumplings

This is a fantastic dish to make for wowing your guests. It looks beautiful and it tastes great!

There are three stages involved with this dish, so I'll show them to you one by one.

Hot and Sour Soup

Just about everyone knows about or has tried hot and sour soup before. Of all the different hot and sour soups I've tried before, only two restaurants really made it well.

Have you ever tried making hot and sour soup? I've tried many times, and finally perfected my own recipe.

It's hot and sour, as the name suggests, but if you don't want it too hot or too sour, go ahead and reduce some of the ingredients.

Konnyaku Noodle Soup

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Stir-frying

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Snow Pea Mushroom Stir-fry

Ingredients:

Snow peas … 1 – 2 handfuls (30 - 35 pieces)
Mushroom … 5 - 6
Shanghai Bok Choi … 1 bunch (optional)
Garlic … 3
Salt … 1 teaspoon
Peppercorn … 8 – 10
Sugar … 1 teaspoon
Oyster sauce … 1 tablespoon

1. Wash the snow peas, and tear off the two ends.
2. Cut mushrooms into ½ cm slices.
3. Cut the Bok Choi into 1inch sections.
4. Peel and slice the garlic.
5. Heat oil in a wok to smoking point. Add peppercorns and garlic.
6. Add in snow peas and mushrooms. Stir quickly.
7. Mix in salt, sugar, oyster sauce, a tiny bit of water and stir.
8. Add in the Bok Choi. Stir for 15 – 20 seconds.
9. Dish up and serve.

Note: the Bok Choi is added last because it cooks quickly. If you added with the snow peas and mushrooms right from the start, it gets overcooked easily.

Stir-fry Carrots

Ingredients:

Carrots … 300 – 350g (8 – 10)
Green onion … 2
Salt … 1 teaspoon
My secret hot sauce … 1 tablespoon
Sugar … 2 teaspoon
MSG … ¼ teaspoon (optional)
Szechuan peppercorn … 10 – 12
Oil … 4 – 5 tablespoons
Water … ¼ cup

1. Peel carrots and cut off the two ends.
2. Roll cut the carrots.
3. Cut the green onions into 1inch long strips.
4. Heat oil to smoking point, and add in the peppercorns.
5. Add carrots, salt, sugar, hot sauce, and MSG.
6. Stir quickly, and add ¼ cup of water. Cover with lid.
7. Stir once awhile until the carrots are cooked. Add a little more water if necessary.
8. Add in green onions and stir.
9. Dish up and serve.

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Stir-fry Winter Melon

Winter melon is a common vegetable used in Chinese cooking. It is both tasty and healthy to eat, and it is very easy to cook

Soft Blow Kidney

This dish is not spicy, but yet tasty. After you cook this dish, you won't be able to tell this is the vegetarian version of it. Main ingredients used are steamed dough to replace the kidney, and celery and fungus.

White Oil Twin Mushrooms

I get a kick out of cooking this dish every time! And I bet you will too. This White Oil Twin Mushrooms dish tastes wonderful, and it's so easy to make, and if you ever have dinner parties, cook this dish! You and your guests will love it. It uses very common ingredients and seasonings, yet the flavor that you get from the dish is fantastic. Every time I'm eating this, I always think: "Jeez, that was so easy to make!"

Light Stir-fry Cucumber

This dish emphasizes the natural flavors of the cucumber. Very few spices and flavoring are used in this dish. All the ingredients used such as salt, jalapenos and ginger are used to enhance the flavor of the cucumber. When you taste this dish, it's both light tasting and 'refreshing'.

Ginger Beef

When I worked in a Chinese buffet restaurant in high school, Ginger Beef was one of my favorite dishes – although it wasn't that great. The main reason I liked it was because it was the only spicy dish.

The funny thing is, I can never taste the beef in it. Why? Because most restaurants are rather cheap when it comes to the ingredients they use. If you don't believe me, next time you visit an Asian restaurant, pay attention to the most used ingredients. You'll see a lot of green peppers and white onions. They're cheap to buy, and easy to prepare.

The ginger beef my boss served had so little beef in it. It was mostly batter. I'm going to show you my own version of ginger beef. There's no real beef involved. Instead, we use either firm tofu or steamed dough.

Spicy Dry Ribs

This is one of my own favorite creations for vegetarian ribs. It's a little spicy, and it has a very refreshing taste from the peppers.

Homemade Chow Mein

This is one of my own creations, and it's also one of my favorite dishes to make.

I never liked the texture of store bought chow mein noodles (or Shanghai noodles some might call it).

You know, those big thick yellow noodles. I'm not talking about the thin type.

They never had much of a bite to them. Especially restaurant made Shanghai noodles. They're always soft and mushy. That's why I never order it.

So, here's what I did, I decided to have some fun one day – not sure how it would turn out. I decided to make my own noodles for stir-fry.

Did it ever turn out great!

I'm going to show you how to make this dish. It looks great, and it tastes fantastic. You can't even begin to compare store bought noodles to these! Please visit:
http://www.quickeasyvegetariancooking.com/

Summer Breeze

This is a dish that I came up with.

It's colors remind me of summer time, and I really couldn't find a nicer name. So decided to call it Summer Breeze.

It's a very colorful and tasty dish.

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Braising & Stewing

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Braising and Stewing dishes usually take some time to cook. The main purpose is to fully cook the ingredients and at the same time, cook it for long enough that it absorbs all the flavors.

When people think of braising and stewing, they usually think of cooking for long periods of time. However, some dishes may take only several minutes to braise and stew, other may take 30minutes or even hours to stew.

You'll find that some of the braising and stewing recipes I have here doesn't take long to cook at all. However, you'll learn some exciting ways to make mouth-watering sauces for your dishes.

Usually, dishes involving beef or pork take a long time to cook. Of course, most of the recipes in my braising and stewing section use vegetables, and most cook within a few minutes.

I don't think that any of the braising and stewing recipes I have here takes longer than 20 to 30 minutes to cook.

You'll notice that eggplant is used very often in Szechuan cooking. It's a common ingredient used for braising and stewing. You see dishes such as Garlic Braised Eggplant, Braised Eggplant Fish, and Diamond Eggplant Fish in my recipes.

Diamond Eggplant Fish

You'll notice that many of the braised dishes in this recipe book involve 'fish', although no real fish is used. Fish is an important and large part of Chinese cuisine.

You'll also find that eggplants are the ingredients of choice when it comes to cooking 'fish' dishes in Chinese vegetarian cooking. The reason is that when prepared properly, eggplants are the best for reproducing the flavors and textures of fish.

Ingredients:

Eggplant … 1 – 2 (150 – 250g)
Chinese mushrooms … 4 – 5
Black fungus … 12 – 15 pieces
Green onion … 2
Egg … 1
Flour … ¼ cup
Ginger … 4 – 6 slices
Garlic … 3 coves
Light soy sauce … 1 tablespoon
Vinegar … 1 tablespoon
Salt … 1 teaspoon
My secret hot sauce … 1 – 2 tablespoons
Sugar … 3 teaspoons
MSG … ½ teaspoon (optional)
Water starch
Oil … 3 – 4 tablespoons
Oil for deep-frying

We need to prepare the ingredients first:

1. Cut the eggplant along the middle into 2 halves. Then cut diagonally into 1inch long and ½cm thick slices.
2. Soak the Chinese mushrooms and fungus in hot water until they're soft. Then finely mince.
3. Finely chop the green onion, and finely mince the ginger and garlic.

Now we prepare the eggplants:

4. In a bowl, mix the flour, egg, and 1/3 cup of water. Mix this well.
5. Coat the eggplant slices with the flour mixture, and deep-fry on medium-high heat until golden. (I always place a paper towel underneath to absorb excess oil.)

Finally, we make the sauce to pour on top:

6. Heat 3 – 4 tablespoons of oil to medium-high. Add in the ginger, garlic, hot sauce, minced Chinese mushrooms and fungus. Stir quickly.
7. Then add in 2/3 cups of water, salt, soy sauce, vinegar, sugar, MSG, and bring to a boil. Let it boil for 10 – 15 seconds.
8. Slowly add enough starch water to thicken the sauce. Then add in the green onions. Mix well.
9. Pour the sauce on top of the eggplant 'fish' and serve. (Of course remove the paper towel underneath.)

Chili Braised Zucchini

Ingredients:

Zucchini … 1 – 2 (350 – 450g)
Salt … 1 teaspoon
My secret hot sauce … 1 tablespoon
MSG … ½ teaspoon
Szechuan peppercorn … 10 – 12
Oil … 4 – 5 tablespoons

1. Peel zucchini and cut into 4cm long, and 2mm thick slices.
2. Heat oil in a wok to smoking point. Add in the peppercorn.
3. Add in the zucchini, and stir quickly.
4. Add salt, hot sauce, MSG, and ¼ cup of water.
5. Cover with lid, stir once awhile, and let it stew until cooked.
6. Dish up and serve.

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Garlic Trout

This is one of my favorite ways of cooking fish. Following my method here, and using my method of making vegetarian fish, you will create a dish that's exactly like the real thing. The only difference is that this is 100% vegetarian!

When finished, the fish is tender, juicy, and tasty. The sauce that I will show you to make goes excellent with rice. Whenever I have some leftovers, I keep the leftover sauce in the fridge overnight, and next day, I eat it with my rice. It tastes great!

Braised Oyster Mushrooms and Baby Corn

Braised Eggplant Fish

The eggplants are first deep-fried to perfection, and then braised in a tangy and spicy Szechuan style sauce.

When you're cooking dishes that involve fish, garlic is commonly used as a main ingredient for braising. You will see in other recipes from this book that garlic plays an important role in Szechuan cooking.

Now, I'm going to show you how to easily create that sauce for braising your eggplants.

Szechuan Style Sweet and Sour Ribs

This is very authentic and traditional Szechuan method of making sweet and sour ribs. It's probably very different from what you have experienced.

This isn't the Cantonese style sweet and sour ribs, where the sauce is orange and red. Here, there's no food coloring added.

This is real, authentic Szechuan vegetarian ribs.

Braised Lion Head

This is a fantastic dish to cook for your guests, or just for a dinner dish.

It not only looks great, it tastes great too!

Honey Garlic Ribs

Stewed in pure honey, this dish is always everyone's favorite.

Honey isn't exactly cheap to buy (nor is it too expensive), so the Honey Garlic Ribs you order in restaurants really don't use that much honey.

But for home cooking, we can use all the best ingredients and spoil ourselves.

I stew my vegetarian ribs in lots of honey and garlic. The flavor is incredible, and I know you'll love it!

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Steaming

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Steamed Eggplant

I grew up eating this dish. My mom loves to cook eggplants this way.

It's very spicy.

After eating it so many times, I've become an expert cooking it. Even though it doesn't involve much cooking.

The only thing you need to learn is how to make the dipping sauce. The dipping sauce used in Szechuan cooking is very much like the salad dressings: Such as Ranch, French, or Italian dressings.

Ingredients:

Eggplant … 4 – 5
Light soy sauce … ¼ cup
Black vinegar … 1 tablespoon
Chili oil … 2 – 3 teaspoon
My secret hot sauce … 1 – 2 teaspoons
Garlic … 2 – 3
MSG … ¼ teaspoon (optional)
Sesame oil … 3 – 4 teaspoons
Salt … 1 teaspoon
Sugar … 1 teaspoon

1. Cut the eggplants in half. So they fit in the steamer.
2. Put them on a steamer, with out a plate. If you place them on a plate then on the steamer, the eggplants at the bottom will not be cooked thoroughly.
3. Steam the eggplants until soft throughout. (15 – 20minutes)
4. Finely mince the garlic.
5. In a bowl, mix: soy sauce, vinegar, chili oil, hot sauce, garlic, MSG, sesame oil, salt, and sugar.

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6. Serve.

Note: When you're eating the eggplants, just tear off small pieces and dip in the dipping sauce.

Be careful that it could be very spicy.

Instead of steaming, you could also choose to boil the eggplants. I prefer to steam them, since this preserves their natural flavor more.

Winter Melon Pork Hock

The winter melon in this dish is used to create the pork hock. When the dish is finished, you would not be able to tell if this is using real pork hock, or using winter melon. The only way to find out is from tasting, where the major difference is only noticed comparing the texture of real meat and winter melon.

Blossoming Lotus Flower

I gave the name "Blossoming Lotus Flower" to this dish because of the way the lotus looks after steaming.

The sweet rice stuffed into its cavities really expands, and looks like little white flowers growing.

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Sweet Sao Bai

This is the 'sister dish' of Salty Sao Bai. It also uses pork to steam, and is cooked in very similar method.

The major difference is the ingredients used to make this dish sweet instead of salty.

For this dish, we'll also use winter melon in place of pork, and instead of using salted turnips for filling, we use peanuts, sesame, sweet rice, and sugar.

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Cooking Tofu

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Triple Slice Tofu

The name triple slice tofu here doesn't mean the tofu is sliced three times; but rather, there are three ingredients, which are cut into thin strips. The ingredients are eggs, tofu, and green onions. Although this dish involves some frying, it is a cold dish, and is served cold.

Ingredients:

Grinded Szechuan peppercorn … 1 teaspoon
Tofu … 1 piece (350g)
Eggs … 2
Ginger … 6 – 8 slices
Light soy sauce … 3 tablespoons
Vinegar … 1 tablespoon
Salt … 1 teaspoon
Sugar … 2 teaspoons
MSG … ¼ teaspoon
Green onion … 3 – 4
Minced garlic … 1 teaspoon
Chili oil … 2 – 3 teaspoons
Oil for frying

1. Cut the ginger and green onions into 5cm long thin strips.
2. Beat the eggs well, and add ½ teaspoon of salt.
3. Heat a frying pan with 2 tablespoons of oil and heat to medium. Slowly pour in the eggs to form a thin sheet – see image. (Only cook one side, hence use only medium heat and let it cook slowly.)
4. When done, take out, and cut the egg sheet into 5cm long, and thin strips.
5. Cut the tofu block into ½cm thick slices

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6. Heat oil in a frying pan, or pot to medium-high. Put in the tofu slices, and fry until golden. Then cut the tofu slices into 5cm long strips.
7. Mix the tofu and the egg strips, and spread the green onions on top.
8. In a bowl, mix: soy sauce, vinegar, ½ teaspoon salt, sugar, MSG, garlic, grinded pepper, and chili oil.
9. When you are ready to serve, add the sauce to the tofu dish. Mix well, and serve.

Note: Cooking the eggs is quite simple in this dish, however frying the tofu takes a little effort. Because the tofu retains water, it will take a little time before they become golden. It's a good idea for you to first cut them into slices, and let them sit for a while to let some of the water out.

Onion Head Tofu

If you're wondering what onion heads are…

They're just the top half of the green onions. (The white part.)

Onion heads are popular ingredients used in Chinese cooking. Although green onions are not normally used as the main ingredient in cooking, however, green onion head could be used as a main ingredient.

You want to pick the largest green onions possible when trying to cook this dish. Those larger ones have more flavor and bite in them.

Ingredients:

Green onion heads … 15 – 20
Pressed tofu … ½ pack (175g)
Salt … 1 teaspoon
My secret hot sauce … 1 tablespoon
MSG … ¼ teaspoon (optional)
Oil … 4 tablespoon
Szechuan peppercorn … 10 – 12

1. Cut the onion heads diagonally into 5cm long sections.
2. Cut tofu into 4cm long, 1cm wide, and 2mm thick slices.
3. Heat oil to smoking point, and add peppercorns.
4. Add in the tofu, and add salt, hot sauce, MSG, and stir quickly.
5. Now add in the onion head, and stir until they're cooked.
6. Dish up and serve.

Ma Po Tofu

Almost everyone has heard of Ma Po Tofu sometime in his or her life. It's one of the most popular and well-known dishes of Szechuan cuisine. This dish is named after a smallpox-scarred wife of a Qing dynasty restaurant owner. She cooked and served this dish to the laborers.

I have tried imitations of this dish dozens of times in different Chinese restaurants, and none even came close. The main traits of this dish are the Ma and the La or spiciness and numbness.

The spiciness and the numbness is what this dish renowned for. Yet, all the imitations I tried were neither spicy nor tongue numbing.

Aside from the chili and peppercorns used during cooking, more chili oil and grounded peppercorn are spread on top once the cooking is finished.

The original dish is prepared with ground beef. I will show you how to make true, authentic vegetarian Ma Po Tofu using steamed dough. You'll be laughing the next time you try this dish in a Chinese restaurant.

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Wok Fry Tofu

From the name, you'd think the tofu was actually fried or stir-fried in some way.

This dish is actually more of a soup dish.

The only frying part involved is frying the ginger and garlic part. This really helps to bring out their flavors.

Stir-fry Tofu Puffs

Tofu puff is one of my favorite types of tofu to cook. It's rather hollow inside, and it's very fluffy.

If cooked right, the tofu puffs will taste just awesome. Because of its fluffiness, it soaks up a lot of flavor.

However, if it's cooked not so 'good', your tofu puffs could end up soaking up too much flavor and become too salty.

Ying Yang Tofu

There are many types of Ying Yang dishes in Chinese cooking.

What these Ying Yang dishes have in common is that they always have 2 distinct colors on the plate, and many times, they even have 2 different flavors.

Here I'm going to show you how to make Ying Yang tofu. You can see from the pictures that one is a white color, and one is a yellow color.

Normally the color differences are quite significant, such as orange and yellow etc… Here, we're using the color of the eggs to show the contrast.

Pocket Tofu

This is a great tasting dish even though it doesn't use any hot spices.

The yellow and green give the dish a beautiful bok, and it tastes just as good as it looks.

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Quick and easy home cooking is the focus of the many recipes I have in this chapter.

It is so true that 'nothing beats home cooking'.

Some of the recipes I have here are traditional Chinese home cooking dishes, and some recipes are my simple creations that I cook often for dinner.

When it comes to home cooking, we're talking about simple, quick and easy to make items. Most of the recipes I have here probably take you less than 8 to 10 minutes to make from start to finish.

That's the beauty of home cooking.

A lot of people fret over what to cook for supper that's both simple to cook, and enjoyable. I hope that the recipes here will give you many ideas.

If you love simple and tasty cooking, you'll love the recipes in this chapter.

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Light Stir-fry Potato

Ingredients:

Potato … 2 – 3 medium size
Green onions … 2
Dry chili … 4 – 6
Salt … 1 - 1½ teaspoon
MSG … ¼ teaspoon (optional)
Szechuan peppercorn … 10 – 12
Oil … 4 – 5 tablespoons

1. Peel and cut potato into 2mm thick strips.
2. Cut green onion into 1inch strips.
3. Heat oil to smoking point and add peppercorn and dry chili.
4. Add in potato, and stir quickly.
5. Add salt and MSG.
6. Stir until the potato is cooked.
7. Add in green onions, and stir for 10 – 15 seconds. Dish up and serve.

"Tip: After you finish cutting the potato, soak in cold water until you're ready to stir-fry. If you just let the potato sit without soaking in water, it'll turn brown."

Peanut Carrot Stir-fry

This dish is a very common home cooking dish in Szechuan, especially for social occasions. When I was a kid in Szechuan, all the adults would be chugging down bottle after bottle of beer, and eating this dish as a snack. So if you love drinking beer (or not), give this dish a try.

Lotus Root Stir-fry

Lotus root is one of my favorite vegetables. The best part about it is its crunchy texture. It also has a natural sweetness in its taste.

It's very easy to cook, and makes a delightful dish to serve at the dinner table. Important things to remember when cooking this dish is that you want to accentuate the natural flavor of the lotus root, so when you use the seasonings and spices, use sparingly.

Shanghai Bok Choi Stir-fry

This is the traditional way of cooking Shanghai Bok Choi, and most families cook Shanghai Bok Choi this way. This is a dish we call "xiao cai" or small vegetable. It's easy to make, and tastes great.

Eggs and Tomatoes Noodle Soup

I love cooking this dish. It tastes great, and it's so easy to make. I make it for lunch, dinner sometimes, and even as snacks!

The best part about it is that it's very healthy! Just look at the ingredients, eggs, tomato, noodles, and green onions.

This dish has it all, looks, aroma, nutrition, and ease of preparation.

Red Chili Bok Choi

Light Stir-fry Romaine Lettuce

I cook romaine lettuce using this recipe all the time. Romaine lettuce is my favorite among all the different types of lettuces.

The romaine lettuce here is the closest type I can find that's similar to the lettuce bought in China. The lettuce you buy in china has leafs like the romaine lettuce, but much smaller and shorter. It also has a very long stem – about 20 to 30cm long, and about 1inch thick.

The best part about this dish is that it won't take you more than 5 to 10 minutes to cook!

Eggs and Tomatoes Stir-fry

This is definitely one of my favorite home cooking dishes. It tastes fantastic, and it's so simple to make.

All the ingredients used in this dish, you can find easily in a grocery store where you live!

Stir-fry Carrot Strips

Red Chili Sui-choy

Sui-choy is also known as Chinese Cabbage. It's a very popular vegetable to use in Szechuan and Chinese cooking.

Home cooking noodles

I'm going to show you a very common way of making noodles in Szechuan.

I bet probably everyone in Szechuan cooks this dish one time or another. It's a very popular way of making noodles.

Yet, it's very simple to make. It's usually made for breakfast or lunch.

Macaroni Soup

This dish belongs in a category by itself. Not quite a pasta dish, nor really a Chinese Soup dish.

I think it's something that's popular in Hong Kong style restaurants.

For this dish, I created my own recipe. I like to make this dish for either breakfast or lunch usually.

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Vegetarian Duck

This dish uses bean curd sheets, various spices, and bamboo shoots to create similar flavors and textures to ducks. The tofu skins are used primarily for the duck meat, and the bamboo shoots are used as 'duck bones', giving it a somewhat crunch texture.

Ingrededients:

Bean curd sheets … 150 – 200g
Bamboo shoot halves … 270g (half of a can)
Starch … 5 – 6 tablespoons
Salt … 1 teaspoon
Light soy sauce … 2 tablespoons
Dark soy sauce … 1 tablespoon
MSG … 1 teaspoon (optional)
White pepper powder … 1 teaspoon
5 spices powder … ¼ teaspoon
Szechuan peppercorn … 1 teaspoon
Ginger … 6 slices
Sugar … 4 teaspoons
Vegetable oil … 3 tablespoons
Vegetarian broth … 1 tablespoon mixed with 1/5 cup of water

1. Separate the bean curd sheets, leave one full sheet uncut, and finely dice up the other sheets.
2. Cut the bamboo halves into 2 – 3mm thick slices. Then soak the slices in boiled water for 1 minute. Dry well after.
3. In a bowl, mix the starch, salt, MSG, white pepper powder, light soy sauce, dark soy sauce, 5 spices powder, sugar and oil. Then mix this sauce with the diced tofu skins.

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4. Spread out the full bean curd sheet, and wipe several times with a damp cloth to soften it. Then place the sheet on top of a thin cloth.
5. Spread half of the diced tofu mix onto the tofu skin into a section of about 6cm long by 3cm wide by 2cm thick. Lay the bamboo shoots on top, and then spread the rest of the tofu mixture on top.
6. Roll the bean curd skin from one end to the other. Roll as tightly as possible. Now spread the peppercorns and the ginger slices on top of the roll you just created, and roll it in the cloth to tighten it more.
7. Place 4 chopsticks at the four sides of the roll, and tie tightly with a string. See image.
8. Place in a steamer, and steam for one hour. When done, unwrap the cloth, slice up, and it's ready to serve.

Note: It is crucial that you try to roll the tofu skin and the cloth as tightly as possible, and it is just as important to tie the strings as tight as possible. This allows for the fillings to stick together during steaming to create a nice, firm texture.

This dish tastes wonderful when done. It could be served hot or cold, and makes an excellent snack!

Vegetarian Meat (Washing Dough)

A key ingredient used in Szechuan and many Chinese vegetarian cooking is using washed dough. The kneaded dough is washed with water to remove the powdery parts, leaving behind the very stringy and chewy part.

This is then processed using two methods depending on the dish you cook. One is to steam it, where after steaming, the dough becomes firm, and has a chewy texture. The other is deep-frying, where after deep-frying, the dough has a fluffy and stringy texture. So if you were ever wondering what Chinese restaurants used as 'vegetarian meat', now you can make it yourself.

Vegetarian Fish

Vegetarian Wontons

It's not too easy to find vegetarian wontons in restaurants. Occasionally, I find some in vegetarian restaurants, but they weren't that good. So I came up with my own solution - I invented my own style of vegetarian wontons, and it tastes great!

When I perfected my wonton recipe, I could hardly tell the difference between my vegetarian wontons and regular meat wontons. The best part about it is that it doesn't use any meat, tastes great, and it's much more tender than regular wontons!

Sure, it took a few tries to get it the way I like it, but it was well worth it, and I'm going to share it with you here. So let's get to it! Here, I will show you how to make vegetarian wontons.

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Vegetarian Ribs

If you've never had meat before, now is your chance to try the closest thing you will find that's not really meat! You're going to love it. I know I do!

The method, which I'm going to show you, is not well known, so keep it a secret. Hush! Hush! It not only looks exactly like real ribs, it also tastes like them!

I know because I've had real ribs. Although I'm a huge fan and love vegetarian cooking, I also love to explore other types of cooking. Cooking is my life.

Making these vegetarian ribs is a little involved, but they're sure worth the time!

See how much this looks like a real rib? It's shaped just like a real rib, and just wait till you taste it!

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Snacks & Small Eats

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Szechuan is famous for its small eats and snacks. Especially in the city of Cong Qing.

Almost everywhere, you see small street vendors selling snacks such as Cold Noodles, Cold Jelly, Strange Taste Tofu, Chicken and much more.

In a way, these small eats and snacks are comparable to potato chips in the western culture. Everyone loves to eat them.

Two of my favorite small eats are Cold Noodles, and Strange Taste Peanuts. They taste so good you just can't stop eating them!

I've included several Szechuan small-eat and snacks recipes in this section. So if you ever get the munchies, try these recipes.

Turnip Salad

This is one of my favorite foods to snack on.

Long time ago in Szechuan, there would be these small street vendors who sold this type of turnip salad to kids.

I used to buy it all the time. For a few pennies, I could buy a handful and munch on them. When I had no money, I'd search high and low in my house for pennies.

Too bad these vendors aren't around anymore… I guess you can't really make a living selling food for a few pennies these days.

Now I'm going to show you how to make this turnip salad. I hope you will enjoy it as much as I do.

Ingredients:

Salted turnip … 400g (1pack)
Sugar … 4 – 6 teaspoons
Light soy sauce … 1 tablespoon (optional)
Green onions … 3 – 4
Chili oil … 3 – 5 teaspoons
Grinded peppercorn … 1 – 2 teaspoons
Sesame oil … 4 – 6 teaspoons

1. Rinse the turnips under water first to wash of any salt.
2. Cut the turnips into 2inch long, thin strips. After you cut it, run it through cold water one more time, and drain it well.
3. Cut the green onion into 1 ½ inch long, thin strips.
4. In a bowl, mix sugar, soy sauce, chili oil, grinded peppercorn, and sesame oil.

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5. Mix the green onions with the turnip.
6. Pour on the sauce, and mix well with the turnips, and serve.

Note: After you've mixed in the sauce with the turnips, I recommend you store this dish for several hours first before eating.

Why? This is because allowing it to sit for a few hours lets the flavors really soak into the turnips.

Also, you can refrigerate it. I like eating it colder.

Sweet Rice Roll

The sweet rice roll may not look like much in the picture here, but believe me they taste so good!

You can eat this hot or cold.

Cold Noodles

Ever wonder about what to cook and bring to a potluck that's easy to cook, easy to make large quantities, and tastes great?

This is my all time favorite dish to bring to potlucks. It's not only easy and quick to make, it's also very inexpensive to make, and crowds love it at potlucks.

At every potluck I've attended, friends have asked me for the recipe to this dish. After I tell them how easy it is to make, they go home and try it right away. During the next few days they call me and tell me how much they loved the noodles! This is a great dish to make even just for yourself.

I love making batches of this dish, store in the fridge, and munch on it over the next week or so. If you ever visit Szechuan, you will find this dish almost everywhere.

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Strange Taste Peanuts

This is by far my favorite snack. It packs an amazing amount of flavors, and you just can't stop snacking on these once you try them.

Strange taste is unique to Szechuan cooking. It's a mix of salty, sour, spicy, numbing, and bitter flavors. When you put one of these strange taste peanuts in your mouth, the flavors explode.

This is also one of my favorite dishes to make as a snack for guests, and it makes a great companion for drinking beer! I highly recommend you try this dish.

Final Word

I sincerely hope that you have enjoyed this trial download of my vegetarian recipe book, and wish that you learned much from it. If you enjoyed the sample recipes, I'm sure you'll just love all the other delicious and wonderful recipes. To order, please visit:
http://www.quickeasyvegetariancooking.com/
you'll also receive my 3 bonus cookbooks with your purchase!

I hope that the recipes in my book inspired you to create new and even better vegetarian dishes of your own, and I hope you realize how easy and fun cooking could be.

I'm positive that after trying many of the dishes in my vegetarian book, you found most recipes quite simple and easy to make. However, I'm also sure that you've encountered one or two that were quite involved.

I included these more intricate and complicated recipes to show you some depth in cooking, and all the different varieties of cooking techniques and methods you can combine to create different and new kinds of dishes and flavors.

After you make some of these dishes, you can really appreciate the many processes involved in making a truly wonderful and inspiring dish.

Remember, cooking is an art, it's a passion, it's a way of life, and it's the humblest way to enjoy life.

All the best wishes